

DoD Space Planning Criteria for Health Facilities

Physical Therapy

3.9.1. PURPOSE AND SCOPE:

This section specifies the space planning criteria for outpatient physical therapy services. The purpose of physical therapy is to provide evaluation, treatment and consultation, which maintains, restores or improves physical functions.

3.9.2. DEFINITIONS:

Exercise Station: Any combination of weight training devices, exercise devices, exercise table, parallel bars, mats, tilt table, isokentic machines and gait training area.

Pain Manager: Pain managers provide the skills to manage pain in an effective manner.

Physical Therapist: Physical therapist provides the examination, evaluation, diagnosis, and treatment of individuals with potential or actual functional impairment. Physical therapy provides therapeutic interventions for inpatients and outpatients whose ability to function is impaired by disease, injury, or other causes. Patients treated include, but are not limited to, those with pain, neuromuscular, musculoskeletal, cardiopulmonary, and integumentary conditions. Physical therapy includes the prevention of injury and impairment through the promotion and maintenance of fitness. The profession also actively engages in consultation, education, and research. Physical Therapists are credentialed to serve as physician extenders / primary care providers evaluating and managing neuromusculoskeletal disorders. Physical Therapists are providing ergonomic assessments, injury prevention studies and counseling, wellness/physical fitness counseling, and health promotion activities.

Physical Therapy Technician: This may be a military enlisted person, specifically trained to perform certain physical therapy treatments or this may be a civilian Physical Therapy Assistant (PTA). A civilian PTA is usually licensed by the state where the MTF is located and is a graduate of an accredited training program. Such programs are accredited by the Commission on Accreditation of Physical Therapy Education (CAPTE).

Wall Storage: Wall storage in a physical therapy clinic, normally in the exercise and the cubicle area, is open storage for weights, components of the equipment crutches and other physical therapy devices. This open storage is made possible by wall mounted heavy-duty pegboards, dowels and shelf units.

3.9.3. POLICIES:

Where physical therapy is a service in a hospital, a physical therapy room will be programmed on the ward where orthopedic patients are located.

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3.9.4. PROGRAM DATA REQUIRED:

Number of physical therapist projected.
 Number of physical therapy technicians or aides/assistants projected.
 Is Senior TRICARE Prime offered in this MTF?
 Is there a Physical Therapy education program in this clinic?
 Maximum number of physical therapy students present at one time.
 Is this a Medical Center?
 Is there a secretary for the chief of the clinic?
 Is there a Residency Research Technician?

3.9.5. SPACE CRITERIA:

Note to Programmer: Hydrotherapy is not being widely used in military hospitals and is not being taught in the “in hospital rotation” portion of the DoD Physical Therapy Master Degree program as of the year 2000. The new Brooke Army Medical Center has had all whirlpools removed from the PT clinic. facilities. Most PT training to include Masters and PhD. Programs is conducted at BAMC for all three services. Therefore,, the programming of hydrotherapy should be questioned in any new facilities.

Part Time Operation or Full-Time operation with staffing of no more that one provider or technician staffing only - this is a minimum size physical therapy clinic.

FUNCTION	AUTHORIZED		PLANNING RANGE/COMMENTS
	m ²	nsf	
<u>PATIENT AREAS</u>			
Clinic Waiting Area	13.01	140	Minimum, provide 7 seats. Provide 5 @ 16 nsf and 2 @ 25 nsf for handicapped waiting.
Clinic Reception Station /Control Counter	11.15	120	One reception station per clinic.
Physical Therapist Exam	11.15	120	One per physical therapist (FTE) projected as full-time or part-time.
Patient Toilets		varies	See Section 6.1.
<u>STAFF AND SUPPORT AREAS</u>			
Administrative Office		varies	Refer to Chapter 2.1. Provide if full time administrative support programmed.
Physical Therapist Office	11.15	120	One per physical therapist (FTE) projected as full-time or part-time.
NCOIC/LCPO/LPO Office	11.15	120	One per clinic. This is an office for the senior physical therapy technician. If this clinic is only operated part-time and is staffed by a technician, then this is that part-time technician's office.

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FUNCTION	AUTHORIZED		PLANNING RANGE/COMMENTS
	m ²	nsf	

STAFF AND SUPPORT AREAS (CONTINUED)

Physical Therapy Technician's Office	11.15	120	One office per every three or fraction of three technician FTE's projected. (Do not include the senior technician who is the NCOIC/LCPO or LPO).
Staff Toilets		varies	See Section 6.1.
Litter and Wheelchair Space	1.86	20	One per clinic.
Janitors' Closet	5.57	60	One janitor's closet per 10,000 nsf. See Section 6.1.

TREATMENT AREAS

Treatment Cubicle	13.01	140	Per cubicle. Minimum of four (4) cubicles. Provide 1.5 cubicles per technician. This is a treatment area, which is defined by a front wall, and ceiling hung curtains. The curtain area is 96 nsf and the remainder of the area is for circulation and workstation at the front of the cubicle.
Exercise Area	18.58	200	Minimum. One per clinic. Allows space for 3 machines with circulation. Provide justification if greater area required.
Dressing Room	4.88	52	One per clinic.
Mat/Platform Area	20.44	220	One per clinic.
Wall Storage in Exercise Area	5.57	60	One per clinic.
Equipment Storage Room	18.58	200	One per clinic.
Supply Storage Room	18.58	200	One per clinic.
Linen Storage Alcove	5.57	60	One per clinic.

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Space Planning Criteria for P.T. Therapy Services – with multiple qualified P.T. therapists:

<u>PATIENT AREAS</u>			
Clinic Waiting Area		varies	Provide 2 seats per PT and PT Technician. 90% of seats @ 16 nsf and 10% of seats @ 25 nsf for handicapped waiting.
Clinic Reception Station /Control Counter	11.15	120	One reception station per clinic.
Physical Therapist Exam	11.15	120	One per physical therapist (FTE) projected as full-time or part-time.
Patient Toilets		varies	See Section 6.1.
<u>STAFF AND SUPPORT AREAS</u>			
Physical Therapist Office	11.15	120	One per physical therapist (FTE) projected as full-time or part-time.
NCOIC/LCPO/LPO Office	11.15	120	One per clinic. This is an office for the senior physical therapy technician.
Physical Therapy Technician's Office	11.15	120	One office per every three or fraction of three technician/assistant FTE projected. (Do not include the senior technician who is the NCOIC/ LCPO or LPO)
Conference Room	23.25	250	Minimum. One per clinic with between four to eight physician therapist FTE's. Combine with another clinic if fewer than four PT FTE's.
Staff Lounge		varies	See Section 6.1.
Staff Lockers		varies	See Section 6.1.
Staff Toilets		varies	See Section 6.1.
Litter and Wheelchair Space	5.57	60	One per clinic.
Janitors' Closet	5.57	60	One janitor's closet per 10,000 nsf. See Section 6.1.
<u>TREATMENT AREAS</u>			
Treatment Cubicle	13.01	140	Per cubicle. Minimum of four (4) cubicles. 140 nsf per cubicle. Provide three cubicles per provider (PT) (or technicians – SEPS to determine) projected. This is a treatment area, which is defined by a front wall, and ceiling hung curtains. The curtain area is 96 nsf and the remainder of the area is for circulation and workstation area at the front of the cubicle.
Physical Therapy Treatment Room	13.01	140	One per clinic to allow increased privacy for treatment. Provide a second such room when the number of PTs projected exceeds 8.
Exercise Area		varies	One per clinic. One exercise station per PT and technician/aide projected. 65 nsf per exercise station. This includes the space for exercise machines, and also to include Isokinetic machines.

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FUNCTION	AUTHORIZED		PLANNING RANGE/COMMENTS
	m²	nsf	
<u>TREATMENT AREAS (Continued)</u>			
Mat/Platform Area	20.44	220	Minimum of one mat/platform. One mat/platform per every four PTs or PT technician projected. 220 nsf per mat/platform.
Wall or rack Storage in Exercise Area		varies	60 nsf minimum. 4 nsf (1 linear foot) of wall storage per exercise station projected.
Equipment Storage Room		Varies	Minimum 200 nsf. 40 nsf per PT projected.
Supply Storage Room		varies	Minimum 200 nsf. 30 nsf per PT projected.
Linen Storage	5.57 9.29	60 100	Provide an alcove when 6 or less PT's. Provide a room when more than 6 PT's.
Radiology Reading Room	11.15	120	Special justification required.
Gait Lane & Parallel Bar Area	18.58	200	One per clinic.
Dressing Room	6.0	65	One per clinic, minimum. Provide one additional dressing room for every four PT's over six.
Patient Shower	1.86	20	20 nsf per shower. Minimum of one shower per dressing room.
Extremity Whirlpool	5.57	60	One per clinic. May be deleted on authority of clinic chief.
Hydro-therapy Suite-Cubicle	39.49	425	One per clinic. Includes two extremity whirlpools, one shower trolley and workstation area. May be deleted on authority of clinic chief.
Therapeutic Pool	232.27	2500	Restricted to Medical Centers only when MEDICARE (patients over 65 years of age) is provided (TRICARE Senior). Justification is required.
Pool Changing Room and Shower			
Male	14.86	160	One per pool. Incorporate 2 showers and lockers for the storage of valuables and clothing of 12 patients.
Female	14.86	160	One per pool. Incorporate 2 showers and lockers for the storage of purses and clothing of 12 patients.
Inpatient Physical Therapy (on the ward)	44.59	480	One per orthopedic ward. One per every four med./surg. ward or fraction there of. If the hospital includes acardiology inpatient service, place another such area on the medicine ward , which will house the cardiology patients. Provides space for exercise stations, Hi-Lo and wall storage. NOTE: This requirement is restated in inpatient section.

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Functions that are required for Residency Education in P.T. Therapy Services:

Director of Physical Therapy Education	14.86	160	One per director of an in hospital Physical Therapy Education Program. (Typically the Chief Physical Therapist in the Clinic)
Secretary to Director with visitor waiting.	11.15	120	One per Director, if there is a projected FTE secretary position.
Residency Research Technician	11.15	120	One per program, when there is a projected FTE position.
Physical Therapy Education Library	22.29	240	One per clinic when there is a Physical Therapy Residency
Conference Room	37.16	400	One per Physical Therapy Residency Program
Small Group Counseling Rooms	11.15	120	One per eight physical therapy students in training (physical therapist or aide/assistant).